

Protective and Compensatory Experiences (PACEs)

When you were growing up, prior to your 18th birthday:

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| 1. Did you have someone who loved you unconditionally (you did not doubt that they cared about you)? | YES | NO |
| 2. Did you have at least one best friend (someone you could trust, had fun with)? | YES | NO |
| 3. Did you do anything regularly to help others (e.g., volunteer at a hospital, nursing home, church) or do special projects in the community to help others (food drives, Habitat for Humanity)? | YES | NO |
| 4. Were you regularly involved in organized sports groups (e.g., soccer, basketball, track) or other physical activity (e.g., competitive cheer, gymnastics, dance, marching band)? | YES | NO |
| 5. Were you an active member of at least one civic group or a non-sport social group such as scouts, church, or youth group? | YES | NO |
| 6. Did you have an engaging hobby -- an artistic or intellectual pastime either alone or in a group (e.g., chess club, debate team, musical instrument or vocal group, theater, spelling bee, or did you read a lot)? | YES | NO |
| 7. Was there an adult (not your parent) you trusted and could count on when you needed help or advice (e.g., coach, teacher, minister, neighbor, relative)? | YES | NO |
| 8. Was your home typically clean AND safe with enough food to eat? | YES | NO |
| 9. Overall, did your schools provide the resources and academic experiences you needed to learn? | YES | NO |
| 10. In your home, were there rules that were clear and fairly administered? | YES | NO |